

Warm up

Game 1: badminton

Game 2: hot potato

Main exercises 10 reps 3 sets of each exercise

Rower



Seated row



Box level up and ball throw



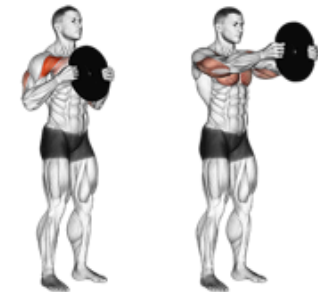
Farmers walk



Ring hops



Plate chest press



Leg press



Skier



Prowler push

2 up and downs
3 times



Cool down

TBD

Donkey

Reps and sets

1st Set: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

2nd Set: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

3rd Set: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10